

Let's Move – America's Move to Raise a Healthier Generation of Kids

Let's Move! Screen Time Log

Print and complete this log to determine how much time you are spending in front of a screen. Help your family do the same. Place the log in an easy location for everyone to use and see such as near the family television, by the computer, or on the refrigerator. If screen time for you or your family members is less than 1 to 2 hours a day, pat yourselves on the back! If it's 2 hours or more, then check out the Get Moving section to help you reduce your screen time and switch to some physically active alternatives.

A Screen Time Log identifies the days of the week – Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, and Sunday – as well as activities that qualify as screen time – TV, Video Games, DVDs, and Computer/Internet. The number of hours spent on each activity each day is logged, and at the end of the week, the total hours per week are calculated.

A sample Screen Time Log is completed below:

	TV	Video Games	DVD	Computer/Internet	Total Hours Per Day
Monday	2 hours	1 hour	0 hours	1 hour	4 hours
Tuesday	3 hours	1 ½ hours	0 hours	1 hour	5 ½ hours
Wednesday	1 ½ hours	1 hour	2 ½ hours	½ hour	5 ½ hours
Thursday	4 hours	0 hours	0 hours	1 hour	5 hours
Friday	4 hours	1 hour	0 hours	0 hours	5 hours
Saturday	3 hours	2 hours	2 hours	1 hour	8 hours
Sunday	2 hours	1 hour	2 hours	2 hours	7 hours

Total Hours Per Week: 40 hours

Name:

Week Of:

	TV	Video Games	DVD	Computer/Internet	Total Hours Per Day
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Total Hours per Week:

Name:

Week Of:

	TV	Video Games	DVD	Computer/Internet	Total Hours Per Day
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Total Hours per Week: